### (B) Bequest Forms for the "Los Angeles County Physicians' Aid Association"

Excerpts from By-Laws of Aid Association of Los Angeles County Medical Association follows:

ARTICLE XI

*Forms of Bequest*

*Section 1. Form of a Devise.*

I, ———— of ———— do hereby devise and bequeath to the Los Angeles County Physicians' Aid Association, their successors and assigns, all that—

(Here recite the real estate from the deed)

*Section 2. Form of a Donation or Bequest.*

I, ———— of ———— hereby give and bequeath unto the Los Angeles County Physicians' Aid Association the sum of—

Note—By the laws of California all bequests of a charitable character must be made at least one calendar month before the death of the donor, and the will must be attested by two disinterested witnesses.

## WHY DID P.T.A. SUPPORT COMPULSORY HEALTH INSURANCE?*

Misguided efforts to lift the lid on the Pandora's box of state medicine have too frequently been abetted by sincere, worthwhile organizations. More than one prominent group laudably interested in better health care, but unaware of the many dangers to sound medical progress involved, has succumbed to glib suggestions that compulsory health insurance is the panacea for all ills.

A case in point is the California Congress of Parents and Teachers. No California organization has a more distinguished record of solid achievement in its own field. No one questions its wisdom, its competence or its high aims in striving for educational progress. But Parent-Teacher advocacy of compulsory health insurance at the 1945 Legislature marked a radical change in P.T.A. program, something foreign to its traditional purposes.

It is obvious that the P.T.A. must concern itself with the health of California's school children. Its success in meeting this responsiblity is amply demonstrated by the well-baby clinics, health roundups and dental inspections developed in full coöperation with medical and allied services. But just how the organization spanned the gap between child health care and endorsement of socialized medicine is shrouded in obscurity.

Published statements do little to dispel the uncertainty. The president of the P.T.A. Congress, in a letter recently addressed to a San Francisco newspaper, declared, "The Congress feels that the child has a right to medical and dental care and periodic check-ups on his general health until he is old enough to take care of himself." Such statements ring pleasantly in the ears of parents and the public, because everyone knows more medical attention would be good for every child. However, they ignore the fact that state medicine could not of itself produce more care for children or anyone else.

Again in the words of the P.T.A.: "Unless parents *are compelled by law* to give their children regular medical and dental care, vast numbers of childhood ailments, such as defective sight, hearing, poor posture, low nutrition, bad tonsils, huge adenoids, defective teeth, rheumatic fever, TB tendencies and other ills, will continue to haunt the path of childhood!" There's something stupendous about the long list of ailments which compulsory health insurance is expected to cure or allay—but the old fallacy that bureaucratic medicine will mean perfect health for everyone is still apparent.

The P.T.A. adds a new note, though, which has some nice goose-stepping possibilities. *Compel the patient to go to the doctor!* Not even the most ingenious drafter of a health insurance bill as yet has tried that idea in any scheme. At worst, he has stopped with the attempt to cajole, coerce or bully medicine into providing regimented service, and to tax wage-earners for the privilege of standing in line in front of doctors' offices.

That any important civic organization could earnestly support compulsory health insurance, as the P.T.A. president maintains, solely for the reasons quoted, is evidence enough that medicine is perilously close to losing its battle to survive as a profession. The challenge is unmistakable.

* A contributed article.

# EDITORIAL COMMENT†

## NUTRITIONAL CONTROL OF CANCER

About ten years ago it was suggested by Brody[1] of the University of Missouri that the increased incidence of cancer during recent decades is due to the over-nutrition and under-exercise characteristic of modern civilization. Tannenbaum[2] confirmed this hypothesis. He found that in both man and animals there is a positive correlation between the incidence of cancer and body weight, and suggested that the establishment and maintenance of lower average weight levels is worthy of trial in the prevention of human cancer.

Experimental tests of this method were made by Rusch[3] and Potter[4] of the McCardle Memorial Laboratory for Cancer Research , University of Wisconsin. In a typical experiment 192 young adult mice received exactly the same amount of protein, salts and vitamins. Half of them were given a high carbohydrate supplement. The total diet of this group was 9.6 calories per day. This is 50 per cent more than is required to maintain weight. The other half of the mice were given only a sufficient supplement to maintain body weight, their total food intake being 6.4 calories per day. All mice received a standard minimal dose of cancer-producing ultraviolet light for 30 minutes every other day. By the end of 9 months 88 per cent of the high-caloric group had developed cancer. There was only a 2 per cent incidence of cancer in the low-caloric group.

The low-caloric mice received a great deal of

† This department of CALIFORNIA AND WESTERN MEDICINE presents editorial comments by contributing members on items of medical progress, science and practice, and on topics from recent medical books or journals. An invitation is extended to all members of the California Medical Association to submit brief editorial discussions suitable for publication in this department. No presentation should be over five hundred words in length.

exercise, since they were constantly in motion. The high-caloric mice received almost no exercise and were quite indolent. From these and other data Potter concluded that when animals are placed under conditions analogous to those of modern civilized man the incidence of cancer is increased. He believes that this is a definite guide to the prevention of cancer in man. He emphasizes, however, that restrictions in the quantity of food eaten requires that the quality of the food be carefully controlled.

This conclusion is challenged by Morris[5] of the National Cancer Institute, Bethesda, Md., who has collected and summarized all pertinent data reported by earlier investigators. All of the experiments summarized by him were made on pure strain mice whose average normal percentage of spontaneous mammary cancer varied from 36 to 80 per cent with different strains. The type of underfeeding was usually a one-third to one-half reduction in total food or caloric intake, or a similar reduction in certain essential food elements, such as lysine or cystine. Under these food deficiencies the percentage of spontaneous mammary cancer was reduced on an average to from 3 to 18 per cent for the different strains.

The mice selected were usually young adults. Under adequate control feeding these mice increased from 50 to 100 per cent in body weight during the course of the experiment (18 to 28 months.) In the deficiency groups the body weight usually decreased as much as 25 to 45 per cent before the end of the experiment. In many mice the deficiency diet resulted in a complete absence of estrus and atrophy or infantilism of the mammary glands, to which the reduced incidence of cancer was presumably due. Morris concludes that dietary regimens thus far known or assumed to inhibit or delay carcinoma development in animals are too drastic to be of practical value as a means of preventing human cancer.

The rôle of exercise upon cancer development was studied by Kline and Rusch.[6] They report that forced exercise slows the rate of growth of transplanted sarcoma in mice. Morris regarded this conclusion as unwarranted due to the concomitant lowered food intake of the exercised animals.

In Morris' opinion no broad generalization as to the effect of nutrition or exercise in the prevention of human cancer should be made at this time.

P. O. Box 51.

W. H. MANWARING,
Stanford University.

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4. Potter, V. R., Science, 101:105 (Feb. 2), 1945.
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Sometimes people call me an idealist. Well, that is the way I know I am an American. America is the only idealistic nation in the world.

—Woodrow Wilson, *Speech,* Sioux Falls, S. D., 8 Sept., 1919.

## NUTRITIONAL VALUE OF SUNFLOWER SEED

In search for new food materials of significant value in human and animal nutrition, Day and Levin[1] of the Department of Chemistry, Indiana University, made quantitative studies of the relative nutritional value (vitamin content) of sunflower seed meal, as compared with similar products from wheat, corn, and soybeans. Since there is marked vitamin destruction by the severe heat treatment incidental to pressure extraction of sunflower seed oil, Day and Levin limited their tests to sunflower seed meal resulting from low temperature solvent extraction. Weanling rats were divided into different groups with due regard to litter membership, sex and weight. Each group was fed the same basic ration plus 5 to 10 per cent of the product to be tested, this product being the sole source of vitamin B complex. The supplements were: defatted wheat-germ meal, defatted corn-germ meal, defatted sunflower seed meal, defatted soybean meal, and Brewer's yeast (control). The growth rate was least rapid with soybean meal. The 5 per cent soybean group gianed in weight an average of but 21 grams per rat by the end of 7 weeks. Wheat germ and corn germ meals gave an average gain of 46.5 grams per rat. Sunflower seed meal was superior to both wheat and corn germ meal (three times superior to soybean meal), giving an average gain in weight of 56 grams per rat by the end of the same period of time. By the end of 14 weeks, the average gain was 70 grams per rat with 5 per cent wheat and corn germ meals and 70 per cent greater, or 119 grams per rat, with the sunflower seed meal. Day describes the sunflower seed meal as a light gray palatable powder (53 per cent protein) which can be satisfactorily blended with wheat flour or corn meal to make appetizing baked foods. Its high nutritional properties (vitamin content) suggests that sunflower seed may be of much more practical value in human nutrition than hitherto assumed.

P. O. Box 51.

W. H. MANWARING,
Stanford University.

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*Jacksonian Epilepsy.*—The present-day conception of epilepsy is based on the studies of John Hughlings Jackson, unilateral or Jacksonian epilepsy having been described in 1875. It may likewise be said that there remains little to be added today to the observations Jackson made upon the subject of eyesight and tabes. Among other valuable studies there was the one on aphasia in 1864; and in 1898 he originated the doctrine of "levels" in the nervous system.—Warner's *Calendar of Medical History.*

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There can be no fifty-fifty Americanism in this country. There is room here for only 100 per cent Americanism, only for those who are Americans and nothing else.

—Theodore Roosevelt, *Speech,* Republican Convention, Saratoga.